97-84110-29

Rowntree, Jennie Irene

Better meals with the dollar stretched

Seattle, Wash.

[1935]

97-84110-29
MASTER NEGATIVE #

COLUMBIA UNIVERSITY LIBRARIES
PRESERVATION DIVISION

BIBLIOGRAPHIC MICROFORM TARGET

ORIGINAL MATERIAL AS FILMED - EXISTING BIBLIOGRAPHIC RECORD

308
Z
Box 428 **Rowntree, Jennie Irene,** 1890–

... Better meals with the dollar stretched; suggestions for the experienced housewife and recipes for the novice, by Jennie I. Rowntree ... with the assistance of Agnes Thordarson. Seattle, Wash., The University of Washington [1935]

40 p. 23cm. (University of Washington extension series ... no. 2. April, 1935)

1. Cookery, American. 2. Domestic economy. I. Thordarson, Agnes. II. Title.

Library of Congress TX715.R87 [36c2] 641.5

35-30533

RESTRICTIONS ON USE: *Reproductions may not be made without permission from Columbia University Libraries.*

TECHNICAL MICROFORM DATA

FILM SIZE: 35mm REDUCTION RATIO: 11:1 IMAGE PLACEMENT: IA (IIA) IB IIB

DATE FILMED: 6-5-97 INITIALS: PB

TRACKING # : 24963

FILMED BY PRESERVATION RESOURCES, BETHLEHEM, PA.

UNIVERSITY OF WASHINGTON
EXTENSION SERIES

Number two April, 1935

BETTER MEALS WITH THE DOLLAR STRETCHED

by

JENNIE I. ROWNTREE

308
N
Box 428

University of Washington
Seattle, Washington
1935

RSITY LIBRARIES
te indicated below, or at the
after the
he Libr

UNIVERSITY OF WASHINGTON EXTENSION SERIES

HARRY EDWIN SMITH, Director

NUMBER 2 APRIL, 1935

BETTER MEALS WITH THE DOLLAR STRETCHED

Suggestions for the Experienced Housewife
and
Recipes for the Novice

by

JENNIE I. ROWNTREE
Professor of Home Economics
University of Washington

With the Assistance
of
AGNES THORDARSON

PUBLISHED BY THE UNIVERSITY OF WASHINGTON
SEATTLE, WASHINGTON
Price 15 cents

FOREWORD

Much of a Home Economics teacher's time these days is spent advising women how to use ordinary inexpensive foods in appetizing ways. It is difficult to use the imagination and to cut the food budget at the same time. A collection of recipes that are often forgotten and that call for only common foods should prove useful. Detailed directions are not given because women who will use this bulletin, already know how to cook. The recipes are all low in cost but it is hoped that the cheapness will be felt only when paying the bills—not when eating the meals.

CONTENTS

PAGE

Purpose of this Second Bulletin 7

Arithmetic and Reasoning in Meal Planning and Preparation 7

Aids for the Thrifty Housekeeper in Calculating Costs 10

Meal Planning 11

Time and Fuel Savers 12

Safe Cookery Substitutions 13

Recipes 15

- Soups and Chowders 15
- Meat and Fish 17
- Meat Extenders 20
- Eggs as Meat Substitutes 22
- Cheese Dishes 23
- Vegetable Cookery 24
- Fruit Cookery 26
- Salads 27
- Canned Relishes or Pickles as Substitute for Salads 29
- Quick Breads 30
- Cakes and Cookies 32
- Puddings and Sauces 35
- Pies 37
- Life Savers 39

PURPOSE OF THIS SECOND BULLETIN

The large demand for the first bulletin of this series *Stretching the Dollar for the Family's Health* made it seem worth while to try to give further help on the use of the essential foods.

The mere choice of nutritionally adequate foods does not necessarily lead to the setting of a good table. Low cost diets often mean monotonous meals. Because housekeepers have been able to buy rather expensive fruits, vegetables and meat and to use generous amounts of butter, cream, and eggs, they have lost the habit of thinking in terms of the cheaper foods. The suggestions and recipes collected here should bring others to mind and the result be better meals even with a dollar stretched.

As originally planned the bulletin was to show the cost of each recipe in order to indicate for how very little, attractive meals can be served. There were many reasons, however, why it seemed wiser not to include definite costs. In the first place, at the time this was being written prices began to fluctuate markedly without apparent cause and undue variations were evident in the prices quoted at different markets.

In the second place, buying practices determine food costs in large measure. It makes a great difference whether one buys in package, in bulk, in small or in large quantity. It also makes a marked difference what size of eggs, what grade of fruit, vegetables or milk, what cut or grade of meat and what variety of cheese or cereal are purchased by the family. Also prices in city and country groceries must of necessity be very different. Finally, seasonal variations are so great that definite calculations of recipe cost become impossible.

Even though an accurate cost statement cannot be made, the foods suggested in this book are all inexpensive and not beyond a slender income.

ARITHMETIC AND REASONING IN MEAL PLANNING AND PREPARATION

A reduced food allowance may lead to a prosaic diet or the result may be actual improvement in the quality of food served. While some are defeated by lack of money, others are aroused to greater effort and to greater study of the food problem. Where previously they bought rather thoughtlessly what was in the market, many are now considering nutritive values, seasonal price variations, the

economy of bulk or package goods, size of containers and money saved by home preparation.

Most of us were trained to think in terms of time required in preparation and consequently tend to put a high value on all commercial products which save time. Prepared soups, ready to eat cereals, bakery products, potato chips, canned beans and spaghetti, package desserts and quick bread mixtures which require only addition of liquid show the temptations in the market. These products and many others are doubtless worth the price when time is at a premium, but when money is scarce and time plentiful the purchase of such things unduly increases food costs. Manufacturers' overhead and cost of containers justify the price asked, but even so such products have no place in the dietary of minimum cost.

A good manager will prepare several foods at the same time, and thus lessen fuel costs as well as the time required in the kitchen. A heated oven should be used to capacity and several foods cooked in succession, since the largest fuel cost is in bringing a cold oven to the desired temperature. Foods to be baked in a hot oven should be prepared at one time, and likewise those requiring moderate and low temperatures. A little thought will reduce both cost and the time spent in the kitchen.

Another practice which many should acquire is that of figuring recipe costs in order to see how little is the actual cost of foods the family most enjoys. For example a Brown Betty or Rhubarb Betty can be prepared for about two cents per serving when rhubarb and apples are cheap. Gingerbread and the cakes listed in this bulletin cost not more than fifteen to twenty-five cents and will serve from 10 to 15 persons. Many pies can be made for as little as 10 to 15 cents for one large enough for six people. The puddings in this collection of recipes cost two to three cents a serving. The cheese dishes are prepared for as little as two to four cents a serving. The cheaper home-made salad dressings, the evaporated and boiled dressings cost not more than five to ten cents a cup. Marmalades and jellies can be made in season for as little as three cents for an eight-ounce glass. Large, nourishing, appetizing sandwiches with good fillings can be made for two to three cents and a filling dish of hot cereal costs less than half a cent if bought in bulk.

Often foods which seem expensive are quite cheap and very nutritious. Some mothers hesitate over preparing certain desserts

feeling that they are extravagant and forget that foods called for are just as nutritious served in desserts as in less attractive main course dishes. Milk, eggs, grain products, and fruit combined in a dessert have as much nutritive value as if served separately. Fruits combined in a salad are as nutritious and often more appetizing than when eaten separately raw or stewed.

In the following sections tables are given which will enable housewives to calculate recipe costs.

More Arithmetic for the Housewife

Question 1. The food value of pink and red canned salmon is practically the same. If the pink is sold for 12 cents for a pound can and the red for 10 cents for a 7-ounce can, how much is the difference per pound?

The difference in cost is 13 cents a pound.

Question 2. If an eight-ounce glass of jelly or marmalade sells for 12 cents a glass and a recipe which makes 12 glasses costs 36 cents, how much is saved by making 12 glasses.

The saving is $1.08—nine cents a glass. Cost of fuel not included.

Question 3. If gelatin can be purchased in bulk for 80 cents a pound and an ounce package costs 18 cents, how great is the saving in buying a pound?

The saving is $2.08. Is enough used to justify buying a pound in company with a neighbor?

Question 4. A pound of skimmed, dried milk will make 3½ quarts of liquid skim milk. If it costs 10 cents a pound and liquid skim milk costs 6 cents a quart, how much is saved by using a pound.

The total saving is 10 cents or 3 cents a quart. The cost is less because milk is dried when there is a surplus and because delivery charges and bottle losses are eliminated. Dried skim milk is a good food but, as yet, not available in markets. No skim milk should take the place of the pint of whole milk in children's diets.

Question 5. If dried lima beans are bought for 10 cents a pound and swell in soaking and cooking to make 3½ pounds, how do they compare in cost with canned beans at 15 cents for a No. 2 can containing one pound of drained beans?

The canned beans cost five times as much and have the same nutritive value.

Question 6. If dates sell for 18 cents for a 10-ounce package, how great is the saving by buying bulk dates at 15 cents a pound.

The saving is 13 cents on a pound.

Question 7. Chocolate fudge can be made at home for 12 to 15 cents a pound. Chocolate bars cost 5 cents for a two-ounce bar. How great is the saving by having the children make candy at home in preference to buying candy at school?

The saving is 25 cents a pound. Fudge tightly covered, and with a piece of bread in the box will keep soft and creamy.

AIDS FOR THE THRIFTY HOUSEKEEPER IN CALCULATING COSTS

The following tables should be of service in comparing and calculating the costs of different foods.

Food	Amt. in Pound	Food	Amt. in Pound
Butter	2 cups	Beans—dried navy	2 cups
Lard	2 cups	Beans—dried lima	2½ cups
Peanut butter	2 cups	Flour	4 cups
Sugar	2 cups	Rice	2 cups
Brown sugar	2½-3 cups	Rolled oats	5 cups
Molasses	1⅓ cups	Corn meal	3 cups
Corn sirup	1⅓ cups	Cream of wheat	3 cups
Cocoa	3 cups	Macaroni	4 cups
		Spaghetti	4 cups

Sizes and Contents of Cans

In buying canned fruits or vegetables a point of importance is which size of can is most economical. A good buyer notes the weight of the contents in the cans she buys and calculates the actual cost per pound of drained product, not only of fruits and vegetables, but also fish, meats, and milk. The following table shows the total contents of cans as well as the weight of the drained vegetable or fruit.

Size of Can	Total Contents	Weight of Drained Fruit or Vegetable
No. ½	7-8 oz.—1 cup	5 oz.
No. 1 short	12 oz.—1½ cups	7-8 oz.
No. 1 tall	16 oz.—2 cups	10-12 oz.
No. 2	20 oz.—2½ cups	13½ oz.
No. 2½	28-30 oz.—3½ cups	18-20 oz.
No. 3	32-36 oz.—4 cups	24 oz.

When fruit is cheap the amount saved by home canning is surprisingly large. It should be noted in the above table that only ⅔ of the content of commercial cans is actual fruit or vegetables, the rest being water or sirup.

The sirups used in home canning are given below.

Sirups for Home Canning

Sweet fruits 1 cup sugar to 2 cups water.

Sour fruits 1 cup sugar to 1 cup water.

Use ½ as much sugar as fruit by weight; 15 pounds of sweet fruit would require 5 pounds of sugar and 5 quarts of water and would make 10 quarts of canned fruit equivalent to 10 No. 3 cans.

MEAL PLANNING

Planning adequate attractive combinations of foods is often difficult for housekeepers and a few general rules may prove helpful.

1. The primary requisite is variety.

   Have changes from meal to meal and from day to day. Variety does not mean many foods in any one meal. A one-dish meal, like a chowder, is often sufficient. The same food appearing in the same form at successive meals is what makes monotony.

   Similar flavors should not occur twice in a meal such as tomato soup and tomato salad, apple stuffing and apple tapioca.

2. Consider color, texture and flavor carefully.

   Color—Halibut, cabbage, mashed potatoes and rice pudding are nutritiously good but pale and anemic looking. Better judgment would be shown if beets were served in place of cabbage, and chocolate bread pudding instead of rice.

   Texture—Meat stew, mashed squash and apple tapioca pudding are each good separately but when combined are limp and slippery.

   Flavor—Tamale loaf, turnips, gingerbread and cocoa are too strongly flavored to combine. An apple celery salad instead of turnips, and milk in place of cocoa would improve the meal.

3. Consider nutritive combinations.
   Avoid serving all starchy or all protein foods at one meal, distribute them through the day.

   Example of excessive protein: meat, milk to drink, mince pie and cheese.

   Example of excessive starch: spanish rice, baked potato and corn starch pudding.

The menus below are examples of the above rules. They also are inexpensive, nutritionally adequate and easily prepared.

Breakfasts	Lunches	Dinners
Baked apple Fried mush Sirup	Potato soup, Cheese crackers Radishes Gingerbread	Salmon loaf or codfish cakes Hot potato salad Browned sugared parsnips Rhubarb or apple Betty
Tomato juice French toast Jam Cocoa	Fish chowder Shredded cabbage Sandwiches	Baked beans Brown bread Vegetable salad Prune upside down cake
Prunes Cracked wheat Milk or coffee	Bean and tomato soup Brown bread Baked apples Cookies	Baked stuffed heart, Chili sauce Browned potatoes Wilted greens Indian pudding
Rhubarb Rolled oats Milk	Hash Stewed tomatoes Chocolate corn starch pudding	Lima beans in cheese and tomato sauce Cabbage salad Deep dish apple pie

TIME AND FUEL SAVERS

Jelly Making. Can fruit juices in two-quart jars and make jelly during the winter. This saves buying extra jelly glasses and lessens work during the hot weather. After the juice has drained through the jelly bag reheat and can or bottle.

Cooking Prunes or Apricots. Soak and cook two or three pounds at a time—soaking lessens cooking time—and can a portion for use later. Prunes that are ready for service often save the day when sandwich fillings or the breakfast fruit have been overlooked. Use them also in prune puddings. These may either be cooked on top of the stove or in a heated oven, when space permits.

Crumbs. Left-over toast and dry bread should be thoroughly dried, ground at one time, and used for Brown Betty, and on the top of casseroles. Softer bread crumbs are better in souffles, meat loaves and stuffings.

Sandwich Fillings. Make enough sandwich fillings for several days and keep in glass jars in the cooler; thus one washing of food chopper or grater suffices.

Cocoa Paste. Make a paste by boiling half cup of cocoa and three-eighths cup of sugar with two cups water. Then add two tablespoons of this to two-thirds cup of hot milk for each cup of cocoa.

Cookie Dough. Mix a large recipe of chilled cookie dough and keep a roll or two in the cooler to bake when using the oven.

School Lunch. Make sufficient dessert for dinner to provide for children's lunches the next day such as tarts from pie, cup cakes from cake, or extra gingerbread for the box lunch and puddings for children who come home from school.

Vegetables. Cook enough at once to use the second day in salad, soup, or in a cheese sauce. Bake enough potatoes for two meals. Reheated baked potatoes have more flavor than the reheated boiled.

Dried Beans. Cook at least twice as many dried beans as the family will eat at one meal, and use those left over in a bean soup, or mashed and served with salad dressings in sandwiches. Lima bean left-overs, reheated the following day in a cheese sauce or cheese tomato sauce and served on toast or baked in a casserole,

are excellent combinations which add variety in flavor and color to the meal. Added to meat stock they make a nutritive soup.

Brown bread to serve with the beans can be baked in the oven at the same time and cut fuel costs in two.

Rind for Flavoring. Wash and save orange and lemon rind and grate as needed or grate and preserve in a thick sirup made of sugar and water. Preserved in this manner the rind adds color and flavor to cakes, frostings, puddings, sauces, and cookies. Orange and grapefruit rind are delicious when candied.

Cheese. Soft cheese is easily melted in a white sauce if cut in small pieces and added before the milk is hot. Grate goodly amounts of hard cheese at one time and keep in the cooler. The grater used is readily cleaned with a stiff vegetable brush.

Breakfast Cereal. Cook the breakfast cereal the night before, add extra water and reheat in the morning. This method saves fuel. It is well for small families to cook enough for two or three days at once.

Whole Wheat or Dried Vegetables. Soaking whole wheat or beans several hours before cooking lessens the time required for cooking. Even more time and fuel are saved if the washed wheat or beans are brought to the boiling point before they are soaked.

Whole wheat may be cooked much more quickly and without soaking if it is ground in a coffee mill.

SAFE COOKERY SUBSTITUTIONS

Buttermilk Instead of Sweet Milk. Buttermilk usually costs but half as much as fresh milk and contains as much protein and lime as the whole milk.

Use buttermilk as you would use sour milk in any recipe, using half teaspoon of soda per cup of buttermilk in place of baking powder and sweet milk.

Evaporated Milk. It is somewhat cheaper than fresh milk and has other value than cheapness. It can be used in place of cream to give richer texture and in place of sour cream if one tablespoon of vinegar is added per cup of evaporated milk. It is particularly good in salad dressings, caramel and chocolate puddings and pies, cocoa, cream and cheese sauces for vegetables and macaroni.

Fats. Lard and beef drippings can be used in place of butter in cooking. They can be mixed with cheap salad oil to give the right consistency, and used in cakes, cookies, and quick breads. Bacon drippings, if kept separate add much to the flavor of vegetables, chowders and soups and can be used in place of butter or of bacon and salt pork in beans.

Cocoa. Three tablespoons of cocoa can be used in place of one square (1 ounce) of chocolate.

Salad Dressings. Bacon fat or drippings used in a French dressing are delicious on vegetable salads.

Soda for Baking Powder. One-half teaspoon of soda with one cup of sour milk or molasses may be substituted for two teaspoons of baking powder and one cup of sweet milk.

Beef Liver. May be used in place of calves or lamb liver, but is improved if it is soaked either in buttermilk or in vinegar water.

Whole Wheat. Soaked or cooked whole gives a nutty flavor to cookies. It may be substituted for some of the oatmeal in oatmeal cookies or added to chocolate cookies.

Baking Powder. The cheaper baking powders make excellent products, but the amount given in the directions for each brand must be used. The cheap double action powders require only one-half to three-fourths as much as the more expensive powders but even a slight excess will make a bitter tasting product. *For uniformity the amounts of baking powder given here are stated in terms of the usually more expensive (single action) powders. Use one-half to three-fourths of the less expensive (double action) powders.*

Lessening Monotony through Variety in Preparation

The lower cost diet must of necessity contain rather large amounts of grain products, potatoes, fats, milk, cheese, tomatoes and dried vegetables and fruits with a smaller proportion of meat, and the fresh fruits and vegetables. If the reduction of these latter foods is not too great, health will not suffer and the meals need not be monotonous.

The unrefined and uncooked grain products sold in bulk are much cheaper than the ready to eat breakfast cereals or bakery products and also have greater food value. In addition, they give the diet more flavor.

Suggestions for Using Grain Products

Cooked Whole or Crushed Wheat

Scalloped with cheese and bacon
Spanish wheat
Whole wheat cookies
Whole wheat muffins and breads (coarseness gives a nutty flavor)
In meat soups (in place of tapioca)
In puddings (in place of rice)
In meat loaves (in place of bread crumbs)

Rice

Prune, raisin, rice pudding
Spanish rice
Savory rice

Corn Meal

Corn bread and muffins
Philadelphia scrapple
Indian pudding
Fried mush
Corn Creole

Oatmeal

Cookies
Thickening soups and in chowders in place of crackers

Stale Bread

Wasting dry bread is rank extravagance.

Croutons or soup sticks for soup
Crumbs for breading fish, meat and croquettes
Stuffings for meats and fish
Bread puddings
Crumbs for scalloped vegetables
Crumbs for Brown Betty and Rhubarb Betty
French toast
Toasted sandwiches

Means of Stretching the Meat and Fish Supply

Meat	Fish	Canned Meat
Hot tamale pie	Fish chowder	Beef scrapple
American chop suey	Fish balls	Mince meat
Stew and dumplings	Scalloped fish	Baked Hash
Meat pies	Creamed fish	Biscuit with ground meats and gravy
Meat cakes	Fish sandwiches	Meat, rice, onions and tomatoes
Beef biscuits with gravy	Salmon loaf	
Biscuit rolls	Fish salads	
Philadelphia scrapple		

RECIPES

All measurements are taken level.

SOUPS AND CHOWDERS

These chowders and soups cost only about two cents per cup. They are quickly made and make it possible to use small amounts of several foods on hand in an appetizing way. A good sized bowl of chowder with a salad or tart dessert makes an adequate satisfying meal.

General Directions for Chowders

Dice the bacon or salt pork and heat in kettle until brown. Add chopped onion and cook until soft. Add cubed vegetables or fish, and cook until tender. Add milk and thicken with flour. Season and add crackers.

Fish Chowder

½ lb. halibut, salmon or clams
or
¼ lb. codfish chunks
4 cups potatoes diced
1 cup boiling water
1 onion
2 tbsp. fat
2 oz. bacon or salt pork
3 cups milk
2 tbsp. flour
1 tsp. salt
6 crackers

Lima Bean and Tomato Chowder

2 cups cooked lima beans
2 cups tomatoes
1 onion
2 tbsp. flour
2 tbsp. fat
1 oz. bacon or salt pork
½ cup celery adds flavor

Corn and Potato Chowder

1 can corn
4 potatoes cut in dices
2 onions sliced
2 cups water
2 tbsp. flour
3 cups milk
3 tbsp. fat or drippings
Salt
Pepper

Vegetable Chowder

3 large potatoes
3 carrots
1 onion
1 tbsp. butter or bacon fat
3 cups milk

Wash and grate vegetables; do not remove skins. Cook in small amount of water until tender. Add butter, salt and milk.

Basic Recipe for Cream Soups

3 cups milk
3 tbsp. fat
3 tbsp. flour
½ tsp. grated onion
1½ tsp. salt
1 cup to 2 cups cooked vegetable
Spk. pepper

Prepare a cream sauce of flour, seasonings, and milk. Cook vegetable in a small amount of water until soft and with the cooking water mash or rub through a sieve. Add strained vegetable, to the cream sauce.

Baked Bean and Tomato Soup

3 cups water
1½ cups cold baked beans
1 tbsp. onion
2 cups tomatoes
1 tsp. salt
1 tbsp. butter or bacon fat
1 tbsp. flour
Spk. pepper

Mix beans, water and onion and simmer until beans are soft. Add tomato and rub mixture through a strainer. Melt butter, add flour and add the tomato mixture slowly.

Other Desirable Vegetable Soups

(See method above)

Tomatoes
Spinach
Pea
Carrot and onion
Potato
Lima beans
Dried beans cooked in ham or meat stock
Corn
Lima bean and tomato

Accompaniments for Soups

Soup Sticks. Butter stale bread and cut the slices in half-inch strips and brown in the oven.

Croutons. Butter the stale bread and cut in half-inch cubes and brown in the oven.

Cheese Crackers. Butter the crackers, sprinkle with grated cheese and melt in the oven.

MEAT AND FISH

Save money by spending time preparing the less expensive varieties.

Round Steak (Swiss Style)

Have round steak cut one inch thick. With the edge of a plate, pound flour into both sides and then brown in hot drippings in a frying pan. Add sliced onions and cook until slightly brown. Add strained tomato or just water and simmer from 40 to 50 minutes.

Thin round steak may be cut in serving pieces after the flour is pounded in, then dipped in egg to which two tablespoons of milk has been added and bread crumbs, browned well in fat and simmered in strained tomatoes or milk until tender (about 40 minutes).

Meat Stuffings. Stuffings improve meats and make a small amount go much further. They are particularly good with oven cooked pork, beef, and heart. Heart and beef require an onion stuffing. Pork is improved with a stuffing made of prunes or apples.

Stuffed Flank or Round Steak

1 lb. top round or flank ½-in. thick
2 or 3 small slices suet
1 onion sliced
¼ cup carrots cubed
1 cup boiling water or stock

Trim edges of steak and spread stuffing over it; roll and tie. Place in pan on carrot and onion. Pour water into pan. Cook closely covered for 20 minutes; uncover and cook 30 minutes. Serve with brown gravy.

Stuffing

1 cup crumbs
2 tbsp. melted fat
2 tbsp. chopped onion
½ tsp. salt
⅛ tsp. pepper

Preparation of Hearts

Beef, mutton and pork hearts are inexpensive and very nutritious, but require long cooking. Hearts must be washed and the blood vessels and valves removed, and then soaked for a short time in cold water.

Baked Stuffed Heart

Fill the heart with the above stuffing, rub with salt and pepper, roll in flour and brown in hot fat. Place in a roasting pan or kettle, half cover with hot water, cover tightly and bake slowly for two to two and one-half hours or parboil on top of the stove for an hour or more and bake the last half of the time. When heart is tender remove from pan and make gravy.

Stewed Heart

2 calves', lambs', or pigs' hearts
2 tbsp. cut onions
2 tbsp. chopped carrots
2 tbsp. flour
4 tbsp. fat
2 tsp. salt
1 tsp. vinegar

After preparing as directed above cut in small pieces, dredge with flour and brown in fat. Add vegetables and boiling water to cover. Boil slowly for three hours. When tender add seasonings and flour and cook five minutes. Serve with boiled rice or mashed potatoes.

Liver

Liver is often disliked because it is cooked until it is tough and leathery. It should be cooked slowly in the oven or in a frying pan. Hog or beef liver is as nutritious as calf or lamb and is improved by soaking a short time in buttermilk or vinegar water. Liver tastes very different if breaded before cooking.

Breaded Liver

Season the liver and dip the slices in flour, egg and breadcrumbs. The egg should be diluted with one tablespoon each of water and vinegar. Fry slowly in bacon or salt pork fat.

Liver in Gravy

½ lb. sliced liver
¼ cup fat
1 tbsp. cornstarch
3 tbsp. minced onion
¾ cup tomatoes
½ tsp. salt

Dredge with flour and cook slowly in fat until tender. Mix cornstarch and tomatoes. Add onions and seasonings. It is improved with ¼ cup of Chili sauce or some chopped green pepper. Cook in the oven or over low heat for 15 to 20 minutes.

Beef Stew

3 lbs. stew meat
4 cups potatoes cut in ½-in. cubes
½ small onion cut in slices
¼ cup flour
⅔ cup carrots and turnips cut in ½-in. cubes
Salt and pepper

Cut meat in 2-inch cubes. Season and dredge with flour. Brown all sides in fat in a frying pan or iron kettle. Add hot water to nearly cover and simmer for 2 to 3 hours. Add vegetables during the last hour of cooking.

If dumplings are to be added, allow 15 minutes for cooking. Keep covered while they cook.

If a meat pie is desired pour into a flat pan. Cover with a baking powder biscuit mixture and bake for 30 to 40 minutes. The biscuit dough may either be cut into biscuits or left whole and stretched over as a pie. Biscuits made separately and served with the meat gravy are preferred by many.

Salt Pork

Cut salt pork in slices. Dip in beaten egg to which two tablespoons of milk have been added. Roll in cornmeal and fry in fat until golden brown. Make a milk gravy from the fat left in the pan.

Salmon Loaf

1 can salmon
2 cups bread crumbs or cooked rice or other cereal
1 egg
1 tsp. salt
Liquid drained from salmon and milk to make 1 cup
1 tbsp. diced onion
1 tsp. celery salt

Combine ingredients, turn into an oiled baking pan and bake in a moderate oven until brown. The loaf is improved with the addition of ½ cup of cottage cheese.

Codfish Cakes

Soak and shred the codfish chunks. Cover with cold water, heat to the scalding point and drain. Measure and mix with double its bulk of hot mashed potato; for each pint add one tablespoonful of fat, one well-beaten egg, salt and pepper to taste. Mold in small flat cakes and bake in the oven or fry in deep fat. Other kinds of fish can be used this way as well as cod.

Suggestions for Other Uses of Fish

Creamed on toast.
Creamed and baked in the oven with added bread crumbs.
Served with rice.
Baked and stuffed salmon. (Inexpensive if in season.)
Salmon and lettuce or pickle sandwiches.
Fish salads using lettuce, celery or cabbage or pickles with salad dressing.

MEAT EXTENDERS

Make flat foods absorb meat flavors.

American Chop Suey

1 lb. ground beef
4 small onions
½ pkg. spaghetti
1½ cups strained tomatoes or tomato soup.
1 cup celery will give added flavor

Brown meat in pan with onions. Cook spaghetti (rice or macaroni may be substituted) and add tomatoes. Combine meat and spaghetti and celery, and cook in double boiler for about an hour. Chopped cooked meat can be used in place of hamburger.

Meat, Rice and Tomatoes

2 cups cooked rice
1 lb. cold cooked ground meat
1 cup tomatoes
1 onion cut fine
Salt and pepper

Mix and bake in a greased pan or in the top of a double boiler.

American Chili Con Carne

2 cups lima beans or kidney beans that have been soaked overnight
2 cups chopped beef
1 tsp. salt
½ sliced onion
¼ cup chopped suet
⅛ tsp. pepper
½ tsp. mustard
1 tbsp. vinegar
Tomatoes to cover

Arrange ingredients in layers in bean pot. Cover with water and bake slowly at moderate temperature for three or four hours.

Beef Biscuit Roll

Roll baking powder biscuit dough one-third-inch thick; spread with ground cold meat mixed with gravy. Season, roll as a cinnamon roll. Cut slices one inch thick. Bake as biscuits. Serve with gravy.

Sausage, either link or cooked makes an excellent filling. If link sausage is used fold the dough over the sausage and call it "Pigs in Blanket."

Ground canned meat also may be used.

Meat Loaf

1½ lbs. chopped beef
½ lb. chopped pork or ham
1½ tsp. salt
½ tsp. pepper
1 onion grated or cut fine
2 cups bread crumbs
1 egg
1 cup milk

Mix and bake one hour.

Liver and Spanish Rice

1 lb. liver
¼ lb. bacon
½ cup rice (cook in 2 qts. water)
3 large onions
2 green peppers
2 tbsp. fat

Fry pepper and onions in oil and then mix with drained rice and fry until brown. Cook liver in bacon fat. Place rice in casserole with bacon and liver on top.

Philadelphia Scrapple

Keeps well in cold weather, makes meat go much further.

1 lb. lean pork, from head or shank, or pork sausage
3 cups water
1 cup corn meal
1½ tsp. salt
Seasonings—onion, sage, salt

Cook pork until tender and remove and grind. Cook the cornmeal in three cups of the broth for one hour. Add chopped meat, and

cook 20 minutes longer. Pour into cold wet loaf pan. When firm, slice, dip in flour and brown in hot fat. If it is to be kept for any length of time, cover with hot fat. Keep in a cold place.

Three cups cracked wheat can be substituted for the cornmeal. It should be cooked in six cups of broth from pork. Ends of beef or canned beef can be substituted for a part of the pork.

EGGS AS MEAT SUBSTITUTES

Creamed Eggs on Toast (Serves 3 to 6)

3 hard cooked eggs
3 tbsp. fat
3 tbsp. flour
1½ cup milk
Salt and pepper
6 slices of toast

Method I. Make a white sauce of fat, flour and milk and cook until thick. Cut the eggs in two lengthwise and serve one-half egg on each piece of toast. Pour white sauce over toast and egg.

Method II. Egg white may be separated from yolk and white cut fine and added to sauce, then poured over toast. Yolk is then pressed through a sieve over this and served as Eggs a la Goldenrod.

Other Variations of Creamed Eggs

1. In cheese sauce; 2. In chipped beef added to white sauce; 3. In ham added to white sauce; or as in Scotch Eggs.

Scotch Eggs

1 oz. ground ham
⅛ tsp. mustard
1 tsp. grated onion
½ tsp. salt
Yolks of 4 hard cooked eggs.

Cut hard cooked eggs lengthwise, remove yolks, fill the whites with the above mixture, place on toast and cover with white sauce.

CHEESE DISHES

Cheese merits wider use because of its flavor, the zest it gives to other foods and its high food value. Use in place of meat for lunch or supper. A low temperature in cooking prevents toughness.

Suggestions for Use of Cheese

1. Cheese Sauce on Toast. Half cup or more of cheese melted in 2 cups white sauce. Add ⅛ tsp. mustard. Cheese may be melted on the toast in the oven and tomato sauce or soup poured over.
2. Cheese and Tomato Sauce. Make sauce of strained tomatoes or tomato soup and melt cheese in it.
3. Lima Beans in Cheese Sauce. Dried lima beans served in a cheese sauce served on toast or baked in a casserole. Strained tomatoes also may be added.
4. Toasted Cheese Sandwiches. Make sandwiches and toast in the oven or in a sandwich toaster.
5. Cheese and Bacon on Toast.
6. Scalloped vegetables, onions, cabbage, cauliflower or spinach may be reheated in a cheese sauce, covered with buttered crumbs and baked in the oven.
7. Grated cheese spread on bread with small pieces of bacon placed on top and cooked in the oven or in the broiler until bacon is crisp.

Spanish Rice

6 tbsp. rice (uncooked)
2 cups tomatoes
1 cup hot water
3 tbsp. chopped onion
Green pepper (if desired)
2 tbsp. fat
½ to ¾ cup cheese

Mix all ingredients together except cheese. Bake slowly in moderate oven until rice is tender (1 to 2 hours). Cut cheese into small pieces and add it during the last 20 minutes of baking. Stir occasionally during the entire baking period.

Cheese Fondue

¾ cup scalded milk
¾ cup soft bread crumbs
1¼ cup cheese grated
2 tsp. butter
½ tsp. salt
2 eggs

Soak bread in scalded milk, add butter and cheese and well-beaten egg yolks. Then fold in white beaten until stiff and bake in a buttered casserole in a slow oven 30-35 minutes.

Macaroni or Wheat or Rice with Cheese

3 cups cooked whole wheat, or macaroni or rice
4 tbsp. fat
4 tbsp. flour
2 cups milk
¾ cup cheese, grated or cut fine
½ tsp. salt

Make a white sauce of fat, flour, milk and seasonings. Add cheese and melt it. Place cooked wheat and cheese in alternate layers in a greased baking dish. Bake uncovered in a moderate oven about half an hour or until the top is browned.

VEGETABLE COOKERY

Cabbage

Cabbage. (Cook properly and retain color, flavor and texture.) Cut fine and add to a large amount of boiling, salted water. Boil uncovered for 8 to 10 minutes, not longer.

Five-Minute Cabbage

2 cups scalded milk
4 cups shredded cabbage
3 tbsp. melted butter
Salt and pepper

Heat the milk and cook the cabbage in it for two minutes. Add butter and seasoning. Cook rapidly for three or four minutes and stir constantly. The cabbage retains its crispness and is delicate in flavor and color. Serves 6.

Beets

Young, tender beets should be cooked with the greens since the iron is found in the tops. After cooking old beets until tender, plunge into cold water, rub off the skins and slice or dice.

Old beets require long cooking; therefore, cook a large kettle at one time, serve some hot, pickle some and combine some with cabbage as a relish. (See page 29.)

Harvard Beets (served hot)

Reheat 3 cups of beets in a sauce made of

1 cup sugar
1 tbsp. cornstarch
⅛ cup vinegar
⅔ cup water (in which beets were cooked)
1 tsp. salt
1 tbsp. butter

Browned Sugared Parsnips

Parboil, then brown in fat and brown sugar either in a frying pan or in the oven. Use 2 tablespoons fat and 2 tablespoons brown sugar for four servings.

Wilted Green Lettuce or Spinach or Dandelion Greens

Cut or tear three or four bunches of green lettuce into pieces, sprinkle with sugar. Cut two or three slices of bacon in small pieces and fry until crisp. Add three tablespoons vinegar to the hot bacon fat. Add lettuce to the fat mixture and cook until wilted.

Another way: Heat bacon fat, vinegar, sugar and salt in a skillet. Add greens; cover and cook until greens are wilted.

Spinach (cooked to retain greenness and flavor)

Wash well and cook uncovered in a very large amount of boiling salted water until wilted. Boil about 3-4 minutes. Stir a little to insure even cooking. Drain and serve with butter.

Grind well-washed spinach in meat chopper and cook in a small amount of cream or evaporated milk for five minutes. Thicken slightly with flour before serving.

Squaw Corn (for meat substitute)

2 oz. bacon
1 can corn
2 eggs
¼ onion

Cut bacon in small pieces and fry until crisp. Add onion, then the corn and heat thoroughly. Add slightly beaten egg and cook until thickened.

Potatoes

Let potatoes add interest as well as high nutritive value to meals. Vary the method of serving.

Ways of Preparing Potatoes

Scalloped.
Scalloped with cheese.
Scalloped with one or two ounces crisp bacon cut in small pieces using bacon fat in place of butter.

Scalloped with pieces of ham so that the whole acquires a ham flavor.
Hot Potato Salad (recipe given with salads).
Browned: Cut in eighths and cooked in the oven around a meat loaf or roast.
Fried Raw: In small amounts of fat. After browning add a tablespoon or so of water, cover and cook until done.
Reheated Potatoes:
Hashed Browned: Chop fine and brown in hot fat.
Mashed.
Shepherd Pie: A layer of mashed potatoes covered with a small amount of left-over meat stew with gravy and covered with potatoes.
Potato Cakes: Shape mashed potatoes into patties and fry in hot fat.
Creamed Potatoes or Potatoes in Cheese Sauce: Reheat in a cream or cheese sauce either on top of the stove or in a baking dish in the oven.
Potato Salad: With onion, egg and cucumber or pickles. Use evaporated milk dressing. (See salads.)

Hot Potato Salad

⅔ cup salt pork or bacon
2 tbsp. choped onion
3 tbsp. vinegar
Dash salt
2 tbsp. hot water
6 cups diced boiled potatoes

Fry bacon or salt pork slowly until light colored and fry onion in the fat. Add vinegar, salt and hot water. Have hot diced potatoes ready, and pour over them the hot dressing, mix and turn into salad bowl.

FRUIT COOKERY

Bake instead of boiling whenever space in the oven permits. Color and flavor are increased and the fuel is saved.

Baked Rhubarb

4 cups (2 lbs.) rhubarb
2 cups sugar

Cut without skinning, place in baking dish, cover, and bake in moderate oven until tender and deep red in color. The English serve their rhubarb with a boiled custard poured over it.

Baked Dried Prunes or Apricots

Soak fruit, then add one cup of water per pound of prunes. Cover and bake until soft. Add half cup sugar if desired after cooking is nearly complete.

Baked Pears

Wash, add one tablespoon of sugar for each pear and bake slowly until tender.

See Salads, and Desserts for Further Recipes.

Orange Marmalade (12 glasses)

1 grapefruit
1 orange
1 lemon

Cut peels in very thin slices, cut pulp fine and add to 3 quarts (12 cups) cold water. Let stand 24 hours, then boil 1½ hours, then let stand another 24 hours. Heat fruit and add 3½ pounds (7 cups) sugar. Cook until it jellies (about 2 hours). Pour into jelly glasses or wide-mouthed bottles.

SALADS

Salads to Stimulate Stomachs and Sustain Stamina.

Salad Dressings

Vegetable or Cole Slaw Dressing Vegetables

½ cup evaporated milk
¼ cup vinegar
1 tsp. sugar
¼ tsp. salt
Add vinegar, sugar and salt to milk and beat well.

Boiled Dressing—Fruits

1½ tbsp. oil or butter
2 tbsp. flour
¾ cup milk
Cook together until thick
Add
1 egg or 2 yolks mixed with
2 tsp. sugar
½ tsp. salt
1 tsp. mustard
½ cup vinegar

Suggestions for Salads

Carrot and cabbage
Apple, raisin and cabbage
Carrots, potatoes and peas
Cabbage, celery, onion, green pepper
Cabbage and pineapple
Peas, pickles and cheese
Carrots, string beans and onion
Grated carrot and banana
Pear and cottage cheese mixed with a little ginger
Banana, peanut butter, or cottage cheese
String beans, beets and onion
Hot potato salad
Wilted lettuce
Shredded cabbage and grated carrots with or without added peanuts
Prunes, cottage cheese or peanut butter
Prunes, cabbage and apple (merely soak prunes)

Salads with Gelatin

Basic Recipe

To—
1 pt. liquid
Use either—
1 tbsp. gelatin and
⅓ cup sugar
or—
1 pkg. prepared gelatin

Gelatin is soaked first in cold water, then dissolved in hot water. (Sweetened prepared gelatin is dissolved in hot water.) Always allow the mixture to thicken slightly before adding vegetables or fruits.

Perfection Salad

1 tbsp. gelatin
¼ cup cold water
½ cup vinegar
1 cup water
1 cup cabbage
1 cup celery and green pepper
Lemon juice if desired

Golden Glow Salad

1. 1 pkg. sweetened prepared gelatin
   1 cup hot water
   1 cup pineapple juice
2. 1 tbsp. gelatin
   ¼ cup cold water
   ¾ cup boiling water
   ¼ cup sugar
   1 cup pineapple juice
3. 1 cup pineapple, diced
   1½ tsp. salt
   1 cup grated carrots
   ¼ cup nut meats

Tomato Jelly

Tomato juice or strained well seasoned tomatoes, with added peas, celery or cabbage.

Beet-Celery Salad

Beets, celery, onion, horseradish as desired.

Follow recipe for Perfection Salad. Use beet juice in place of water.

Canned Relishes or Pickles as a Substitute for Salads

Pickled pears, peaches, apples, fresh prunes, string beans, beets, green tomatoes, cucumbers, onions and horseradish have the same food value as salads and add as much to the meal. They are inexpensive if canned when they are in season and add zest to flat meals.

Canned relishes and chili sauce cost little and deserve more emphasis.

Beet, Cabbage and Horseradish Relish

2 qts. boiled beets, chopped
2 qts. chopped cabbage
1 cup grated horseradish
2 cups sugar, brown or white
2 tsp. salt
Pepper to taste
Vinegar to cover

Mix ingredients, add cold vinegar, and pour into glass jars or a gallon jar. It will keep.

Pickled Beans

4 qts. string beans
2 cups vinegar
1 cup water in which beans were cooked
1 cup sugar
1 tbsp. whole spices

String beans but leave whole and cook in boiling salted water until tender but not soft. Cook vinegar, sugar and spices together and pour over beans. Put into crocks or can if desired.

Winter Made Relish

(Delicious also if added to salad dressing for Thousand Island Dressing.)

2 onions cut fine
Vinegar to cover
1 large can tomatoes with puree
1 tbsp. sugar
1 tsp. salt
8 whole cloves

Mix and serve with meat. If desired, some juice may be drained off and used later in salad dressing with oil.

Pickled Peaches, Pears, and Prunes

Peaches	Pears	Prunes
1 pt. vinegar	7 lbs. pears	4 lbs. sugar
3 lbs. sugar	3 lbs. sugar	7 lbs. prunes
2 tbsp. cloves	1 pt. vinegar	1 pint vinegar
2 sticks cinnamon	2 tbsp. whole spices tied in a bag	2 tbsp. whole spices tied in a bag
7 lbs. peaches		

Tie spices in a bag, and cook in syrup. Add unpeeled peaches, or pears enough for one jar at a time, cook until tender, can and seal.

Prunes need not be cooked. The boiling syrup is poured over them and allowed to stand on them for 24 hours. Then the syrup is drained off and boiled and again poured over the prunes three successive days. They need not be canned.

TIME TABLE AND OVEN TEMPERATURE FOR BAKING

	Temp.	*Time*
Baking powder biscuits	450°	12-15 min.
Muffins and corn bread	425°	25-30 min.
Brown bread	350°	45-60 min.
Gingerbread	350°	35-40 min.
Cup cakes	350°	20-25 min.
Cookies	350°-425°	8-15 min.
Pie shells	450°	15 min.
Fruit pies	425°-350°	15 min. high, then lower
Puddings	350°	45-50 min.

Slow oven	250°-300°
Moderate oven	350°-400°
Hot oven	400°-450°

For uniformity the amounts of baking powder given here are stated in terms of the more expensive powders. Use one-half to three-fourths as much of the less expensive double action powders. (See page 14.)

QUICK BREADS

Baking Powder Biscuits with Variations

Basic Recipe

2 cups flour
4 tsp. baking powder
½ tsp. salt
4 tbsp. shortening
¾ cup milk

Pin Wheel Biscuits. Roll dough to one-third inch in thickness and sprinkle with chopped raisins, sugar and cinnamon. Roll up like a cinnamon roll and cut the roll in three-quarter inch slices. Bake in a hot oven.

Cheese Biscuits. Either add one-third cup of grated cheese to dough before adding milk or spread on the rolled out dough and proceed as with pin wheel biscuits.

Dutch Apple Cake. (Serve with brown sugar sauce.) Press the whole mixture into a baking pan and press eighths of apples in parallel rows into the dough. Sprinkle with sugar and cinnamon and bake. A beaten egg added with the milk improves the taste.

Short Cake. Add an extra tablespoon of shortening and two tablespoons of sugar to the recipe.

Muffins

2 cups flour
2 tbsp. sugar
½ tsp. salt
1 cup milk
1 egg
2 tbsp. melted shortening
4 tsp. baking powder

Corn Meal Muffins or Johnny Cake. Substitute three-fourths cup of cornmeal for three-fourths cup of flour and either bake in muffin pans or in a baking pan.

Graham Muffins. Substitute one cup graham flour for one cup white flour. Whole or cracked wheat cooked as a cereal when added to muffins give them a nutty flavor.

Brown Bread (Oven Baked)

1 cup graham flour
½ cup cornmeal
½ cup flour
1 egg
½ tsp. salt
½ cup sugar
2 tbsp. melted shortening
1 cup sour milk
1 tsp. soda
Raisins, nuts, or dates

Boston Brown Bread

2 cups graham flour
1 cup cornmeal
1½ cup sour milk of buttermilk
1 cup molasses
1 tsp. salt
1 tsp. soda

Fill buttered cans three-fourths full, cover tightly and steam two and one-half hours over hot water or in pressure cooker one and one-fourth hours. Put in oven one-fourth hour to dry.

Orange Peel Bread

(Good for school lunch and tea sandwiches.)

1 cup orange peel
1¾ cup sugar
1 tbsp. butter
1 egg
2 cups milk
4 cups flour
4 tsp. baking powder
½ tsp. salt

Grind orange peel in small pieces, cover with water and cook until tender. Add one cup sugar and boil until peel has a candied appearance and the syrup is absorbed. Cream butter and remaining sugar, add egg, milk and flour with which the baking powder and salt have been mixed. Beat the mixture well. Add orange peel and put on two buttered bread pans. Bake in moderately slow oven.

French Toast

6 slices stale bread
2 eggs
⅔ cup milk
¼ tsp. salt
2 tsp. sugar

Beat eggs, add milk and salt and dip the bread in the mixture. Brown on both sides on a well greased griddle or frying pan. Serve hot with sugar or a brown sugar syrup.

Cinnamon Toast

Toast the bread and spread with a mixture of sugar, cinnamon and butter. It is improved if it is then placed in the oven a few minutes.

CAKES AND COOKIES

For oven temperatures see page 30.
Decrease baking powder if cheaper brands are used. (See page 14.)

Apple Sauce Cake (No Egg)

1 cup sugar
⅓ cup fat
1 cup apple sauce
2 cups flour
½ cup raisins
1 tsp. soda
½ tsp. cinnamon
½ tsp. cloves
¼ tsp. salt
¼ tsp. nutmeg.

Sift together soda, spices, salt and flour. Cream the fat. Add sugar, apple sauce, dry ingredients, and raisins. Bake in a moderate oven.

This may be baked in muffin tins for cup cakes.

Nut Crumb Coffee Cake

2 cups flour
4 tsp. baking powder
½ tsp. salt
3 tbsp. shortening
1 cup sugar
1 cup milk
½ tsp. vanilla

(Combine and sprinkle this over cake)
2 tbsp. sugar
¾ tsp. cinnamon
¾ cup soft grated bread crumbs
2 tbsp. melted butter
2 tbsp. walnut meats finely chopped

Sift flour before measuring. Add baking powder and salt and sift again. Cream shortening and sugar. Add flour mixed with baking powder alternately with milk. Add salt and vanilla. Turn cake mixture into a pan 8 by 8½ and cover with crumb mixture. Bake in a moderate oven 45 minutes.

Spice Cake

½ cup shortening
1 cup sugar
2 cups flour
4 tsp. baking powder
2 eggs
⅔ cup milk
¾ tsp. salt
¾ tsp. nutmeg
¾ tsp. cinnamon
½ cup raisins or prunes (chopped)

Sift dry ingredients two or three times. Cream shortening, salt and sugar. Add yolks and beat thoroughly. Add milk and flour alternately. Beat well. Add flavoring and raisins. Fold in egg whites. Bake in greased muffin pans in moderate oven for 20 to 30 minutes.

Note: Spice cakes retain their moisture longer than plain cakes.

Upside Down Cake or Pudding

Choose your fruit

1¼ cups sifted flour
2½ tsp. baking powder
¼ tsp. salt
4 tsp. fat
¾ cup granulated sugar
1 egg well beaten
½ cup milk
1 tsp. vanilla
4 tbsp. butter
½ cup brown sugar
12 cooked apricots *or* prunes, *or*
2 large apples *or*
4 slices pineapple *or*
⅔ cup raisins

Sift flour once, measure and add baking powder and salt and sift together again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg; then flour, alternately with milk and beat until smooth. Add vanilla.

Melt four tablespoons butter in a pan or a skillet of convenient size, over low flame. Add brown sugar; stir until melted. Arrange fruit on the pan and pour batter over it. Bake in a moderate oven (350 degrees F.) for 50 minutes.

Gingerbread

1 cup sugar
1 cup molasses
1 cup sour milk or buttermilk
2½ cups flour
1 tsp. soda
1 egg
3 tbsp. melted fat
1 tbsp. ginger

Beat egg, add sugar and continue beating. Mix soda, molasses, sour milk and melted fat. Add to egg mixture. Add flour mixed and sifted with ginger. Pour into a greased and floured pan and bake 40 minutes in a moderate oven. Serve with a sauce or with butter.

Note: Upside down cakes can be made with a gingerbread recipe. The following sauces may be used with gingerbread: lemon sauce, orange sauce (with grated orange rind), or caramel sauce.

Date Torte

Lasts indefinitely; can be cut into squares for tea cookies or can be served as a dessert with cream or a lemon sauce.

2 eggs
1 cup sugar
1 cup dates
1 cup nut meats
¼ tsp. soda
1 cup flour
⅛ tsp. salt

Beat eggs, add sugar. Mix dates and nuts with flour, soda and salt and add to first mixture. Bake in moderate oven 15 minutes.

Peanut Butter Cookies (Very economical)

½ cup fat
½ cup peanut butter
1 cup sugar
1¼ cups flour
1 egg
1 tsp. soda

Take small pieces of dough, roll into ball and flatten with a fork. Bake in moderate oven 10 minutes.

Ice Box Cookies

½ cup shortening
2 cups brown sugar
2 eggs
½ tsp. cinnamon
½ tsp. cloves
½ cup nut meats
1½ tsp. baking powder
3¼ cups flour

Mix and sift flour, baking powder and spices. Combine other ingredients in order given and add flour. Divide in two, form each half into a roll, wrap in paraffin paper or a towel and chill several hours. Cut rolls crosswise in one-eighth-inch slices, put on cookie sheet and bake in a moderate oven.

Filled Cookies

⅔ cup shortening
½ cup brown sugar
1 egg
½ tsp. salt
⅓ cup milk
3 cups flour
4 tsp. baking powder
1 tsp. vanilla

Mix as directed above. Chill and roll ⅛-inch thick on floured board. Cut with a cookie cutter, place a teaspoon of jam or marmalade or Banbury tart filling on the circle. Place another cookie on top and press edges together. Bake in a hot oven six to eight minutes.

Oatmeal Cookies

1 cup sugar
⅔ cup shortening
1 egg
⅓ cup sour milk
2 cups flour
2 cups rolled oats
1 tsp. cinnamon
½ tsp. cloves
½ tsp. salt
¾ tsp. soda
½ cup raisins

Cream shortening and sugar, add beaten eggs. Add flour containing spices, soda and salt. Add milk, rolled oats and raisins. Drop by teaspoons on pan and bake.

PUDDINGS AND SAUCES

Please palates, put on pounds, produce prime people.

Vegetable Plum Pudding

12 to 16 servings.

2 cups flour
1 cup bread crumbs
1 cup grated raw carrots
1 cup grated raw potatoes
2 cups raisins
1 egg
½ cup molasses
1 cup suet
1 tsp. soda
½ tsp. cinnamon
½ tsp. allspice
½ tsp. nutmeg
½ tsp. cloves
Rind 2 oranges
Juice and rind of 1 lemon

Steam for two or three hours. Can be kept several weeks and reheated over water as needed.

Brown Betty

2 cups stale bread crumbs
¼ tsp. salt
3 tbsp. sugar
½ tsp. cinnamon
2 tbsp. butter
2 cups apples (pare, core and cut in eighths)
⅔ tbsp. cold water

Mix bread crumbs, salt, sugar and cinnamon. Add melted butter to this and stir. Arrange in alternate layers with apples in a greased baking dish, having crumbs on top. Add water. Cover this and bake in a moderate oven until the apples are soft, then uncover and brown the top. Serve hot with hard sauce or with cream and sugar.

Note: Two cups cooked whole wheat may be substituted for crumbs.

Rhubarb Betty

3 cups rhubarb
3 cups dry bread crumbs
1 cup sugar
¼ tsp. nutmeg
¼ tsp. cinnamon
2 tbsp. butter, melted
Grated rind of 1 orange and 1 lemon
⅛ tsp. salt

Mix all the ingredients thoroughly, bake in a covered pan in a slow oven for 35 minutes, then uncover and brown quickly. Serve with a hard sauce.

Hard Sauce

2 tbsp. butter
1 cup powdered sugar
1 tbsp. cream
½ tsp. vanilla
Sprinkle with nutmeg

Brown Sugar Sauce

½ cup brown sugar
2 cups boiling water
2 tbsp. cornstarch
1 tbsp. butter
1 tbsp. vinegar
¼ tsp. nutmeg
¼ tsp. cinnamon

Norwegian Prune Pudding

1 pt. cooked prunes
½ cup sugar
3 tbsp. flour *or*
2 tbsp. cornstarch
½ tsp. cinnamon
¼ tsp. salt
Prune juice and water to make 1½ cups

Stone prunes and cook with one cup of liquid until broken up. Mix dry ingredients and add one-third cup of cold water and stir into hot prune mixture. Cook over fire until thick then over hot water for 20 minutes. Serve with cinnamon sauce or with top milk. A few chopped nuts improve this pudding.

Bread Pudding and Variations

Basic Recipe

1 cup stale bread crumbs or cubes
1 pt. milk
⅛ tsp. salt
1 egg
¼ cup sugar
½ tsp. vanilla

Soak bread in milk. Beat eggs. Add sugar and flavoring and add to bread and milk. Bake in a buttered baking dish in a slow oven.

Chocolate Bread Pudding. Add three tablespoons cocoa and and extra two tablespoons sugar to the above mixture.

Orange Bread Pudding. Add the grated rind of an orange which has been prepared by soaking overnight in a sugar sirup or by boiling for a few minutes in a sirup. One-half cup of orange marmalade can be used in place of sugar and grated orange rind.

Fruit Bread Pudding. A cup of stewed stoned prunes added in place of part of the milk give a bread pudding a quite different flavor.

Caramel Bread Pudding. Caramelize the sugar or use brown sugar.

Prune-Raisin Rice Pudding

1 cup rice
4 cups boiling water
1 tsp. salt

Add well washed rice to boiling water and cook over the flame 10-15 minutes. Put into double boiler and add:

1 cup stewed prunes
½ cup raisins
½ cup brown sugar

Steam until rice is thoroughly cooked. Serve with cream.

Steamed Raisin Puff (Save oven fuel)

3 tbsp. melted butter
½ cup sugar
1 egg
½ cup milk
1 cup flour
2 tsp. baking powder
½ cup chopped raisins

Mix like a cake and drop into small greased cups and steam for thirty-five minutes. Serve with a brown sugar sauce.

Indian Pudding

1 pt. milk
⅛ cup sugar
⅛ tsp. salt
¼ tsp. cinnamon
¼ cup cornmeal
1 egg
½ tbsp. butter
¼ cup raisins

Scald milk with butter and salt. Sprinkle cornmeal into milk and stir until slightly thickened. Add to eggs and sugar. Add spice and raisins and bake in a moderate oven.

PIES

For oven temperatures see page 30.

Rhubarb Custard Pie

Make it when rhubarb and eggs are cheap.

3 cups rhubarb
1 cup sugar
2 egg yolks
¼ cup flour

Meringue

2 egg whites
¼ cup sugar
½ tsp. vanilla or grated orange rind

Mix sugar, egg yolk and flour and add to rhubarb cut in small pieces. Fill an unbaked pie shell with mixture, and bake in a moderate oven. Cover with meringue, return to oven and cook until brown. Serve the pie cold.

Caramel Pie (9-inch pie)

1½ cups brown sugar
2½ cups milk (scalded)
2 eggs, separated
3 tbsp. butter
3 tbsp. cornstarch
¼ tsp. vanilla

Melt butter and brown sugar together, and cook until a rich brown. Add scalded milk and heat until sugar is dissolved. Beat egg yolks, add cornstarch and pour milk mixture over it, stirring constantly. Cook over boiling water until thick. Add vanilla and bake in a cooked pie crust. Cover with meringue made of whites of two eggs and one-fourth cup of sugar. Return to oven to brown.

Squash or Pumpkin Pie (for 2 pies)

3 cups milk (scalded)
2 cups mashed and steamed pumpkin or squash
1 cup brown sugar
1 tbsp. molasses (may be omitted)
2 eggs well beaten
¼ tsp. cinnamon
½ tsp. ginger
¼ tsp. nutmeg
½ tsp. salt

Mix well and pour into a pie plate lined with pie crust and bake in a hot oven at first, then bake more slowly.

Banana Cream Pie

¼ cup cornstarch
¼ cup sugar
½ cup cold milk
1½ cups hot milk
2 egg yolks
2 bananas
1 tsp. lemon juice
¼ tsp. salt
1 tsp. vanilla

Serve with meringue using two egg whites and one-fourth cup sugar. Cook as a cornstarch pudding, pour over sliced bananas which have been spread in a baked pie shell. Cover with meringue and brown in oven.

Buttermilk Pie

2 cups buttermilk
¾ cup chopped raisins
⅔ cup sugar
1 tbsp. vinegar
¼ tsp. cinnamon
¼ cup cornstarch
¼ tsp. nutmeg

Scald one and one-half cups buttermilk. Mix sugar, spices, cornstarch, and remaining buttermilk. Cook 10 minutes. Add raisins and vinegar. Pour into a baked crust and serve as is or cover with meringue made of two egg whites and one-fourth cup sugar and brown in oven. Egg yolks may be used for salad dressing.

Banbury Tarts

1 cup raisins, chopped, *or*
1 cup raisins and prunes, chopped
1 cracker
1 egg
Juice and rind of 1 lemon

Roll pie crust thin and cut in three-inch squares. Put two teaspoons of mixtures on each piece. Moisten edge with cold water, fold over. Press edges together with fork, first dipped in flour. Bake 20 minutes in a slow oven.

Deep Dish Fruit Pie

6 tart apples or other fruit
Grated rind of 1 lemon
½ cup brown sugar
½ cup granulated sugar
2 tbsp. butter
½ tsp. nutmeg

Cut pared and cored apples in eighths and arrange in a greased baking dish. Cover apples with lemon and sugar and nutmeg. Dot with butter. Cover with pastry and press it well down around the edges. Make slots in the pastry. Bake in a hot oven for 20 minutes and in a slower oven for 30 minutes longer.

AFTER THE DESSERT

Orange Sticks

1 cup sugar
½ cup water
Peel of 2 oranges

Cut peel in narrow strips, cover with cold water, bring to a boil and drain. Repeat three times. Then dissolve sugar in water, add orange peel and cook slowly until sirup is nearly evaporated. Drain, cool and roll in granulated sugar.

LIFE SAVERS

Each member of a family should have the privilege of hospitality, but unexpected guests are often disconcerting. The cupboard seems bare and the outlook hopeless, but a quick-witted manager will save the day. These suggestions may come to her rescue when her mental processes are stunned.

Supposing friends drop in for the evening:

1. Cinnamon toast and cocoa.
2. A fruit drink.
3. Home canned grape juice, spiced and served hot. Left over syrup from pickled fruit should be canned and is delicious in grape juice.

Supposing others linger at tea-time:

1. Toast and marmalade.
2. Prune and nut sandwich served with candied orange peel.
3. Pin wheel biscuits, tea size.
4. Buttered orange peel bread.
5. Buttered date-nut bread.
6. Sandwich of orange marmalade and grated cheese.

Or relatives are passing through at lunch time:

1. Toasted cheese sandwiches.
2. Toasted tuna fish sandwiches.
3. A chowder using imagination, all the things in the larder, and canned milk if necessary.
4. Soup—potato and tomato (from canned tomatoes).
5. Welsh rarebit on toast from dried-up cheese.
6. Omelet with a tomato or cheese sauce.

UNIVERSITY PUBLICATIONS

The University of Washington Bulletin (general series) includes the general catalogue, bulletins of the colleges and schools, University Directory (price 50 cents), Extension Service, General Information, Oceanographic Laboratories, Summer Quarter, Time Schedule, Vocational (price 50 cents). The general catalogue is limited to exchange purposes; the college bulletins are distributed without charge.

The following series are published at irregular intervals and are sold for stated charges. Persons wishing to obtain any of these publications are requested to correspond with the publications editor. Libraries or institutions offering material of equivalent value may secure exchanges by corresponding with the University librarian.

The University of Washington Publications contain the results of research work in various departments of the University. These publications include the following series: Anthropology, Biology, Geology, Language and Literature, Mathematics and the Social Sciences.

The Publications of the Engineering Experiment Station include bulletins of information and investigation concerning engineering and scientific problems.

The Publications in Oceanography are based on the investigational work carried on at the Friday Harbor Station, as well as on the University of Washington campus.

The Extension Service Series includes monographs of interest and value to the layman. While authentic, they are not written in highly technical terms with which the general public is unfamiliar.

HARRIETT WESTMORELAND, *Publications Editor*

MSH 24963

END OF
TITLE